



# HERITAGE

## Buried in Treasures: Public Presentation

Thursday, March 5, 1:30 p.m.  
Lowell Senior Center, 276 Broadway St., Lowell 01854

Guest speaker Lynn Faust will introduce the Lowell Senior Center's new group, Buried in Treasures, aimed to support those struggling with excess clutter. The 15-week program will be held on consecutive Thursdays beginning March 12th. The friendly, non-judgmental program is designed to help those with "exuberant collecting" tendencies or excessive clutter to learn and practice skills to reduce acquiring, sort and discard. For more information or to register: contact Lil Hartman, at 978-674-1170. Thanks to CDBG funding.



## Recycled Treasures

Repurpose household items into beautiful gifts and decorations. Workshops are led by Lolita Demers, a recently retired school art teacher. Sign up in advance at the front desk. \$1 materials fee per session collected at class. Thanks to CDBG grant support.

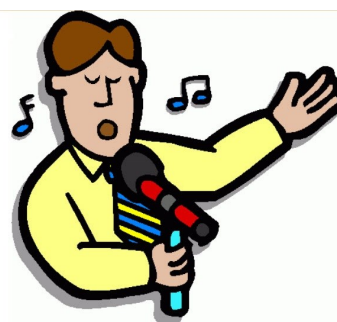


Friday, March 13  
10-12 pm  
(2 hour session)  
Mosaic panel



Friday,  
March 27  
10-11 am  
Paper  
flowers

## Archie Richards Sing-along to Patriotic & Irish Music



Tuesday, March 17th  
12—1:00 pm

Thanks to CDBG  
Funding!

## St. Patrick's School Sing-along

Monday,  
March 16th  
10:15-11:00 am



### Inside

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**CITY MANAGER**

Eileen Donoghue

**Assistant City Manager**

Kara Keefe

**City Council****Mayor**

John J. Leahy

**Vice Chair**

Rita M. Mercier

\*\*\*\*\*

Sokhary Chau

David J. Conway

John Drinkwater

Rodney M. Elliott

Vesna Nuon

Daniel Rourke

William Samaras

**LOWELL**  
**SENIOR CENTER****Main Number:****978-674-4131**

Fax: 978-970-4134

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**Hours of Operation:**Monday–Friday: **6:30 am - 4 pm**Saturday–Sunday: **7 am to 12 noon**

Complete Breakfast 7:00-9:00 am

Lunch served at 11:15 am

**Closed Holidays**

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**Executive Director:** Lillian Hartman

LHartman@lowellma.gov

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**Receptionist:** Tara Donnelly

978-674-1171 ~ TDonnelly@lowellma.gov

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**Trips & Events Coordinator:** Carol Lannan

978-674-1169 ~ CLannan@lowellma.gov

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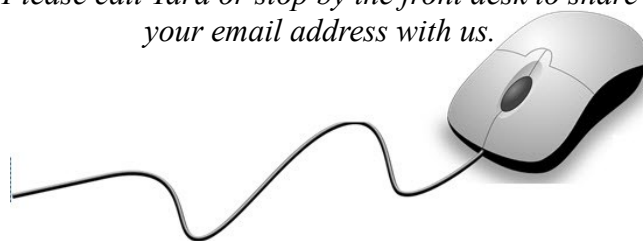
**Outreach Worker:** Amy Medina Leal

978-674-1167 ~ ALeal@lowellma.gov

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**Volunteer Coordinator:** Gladys Rosa

978-674-1168 ~ CRosa@lowellma.gov

Prefer reading *The Heritage Newsletter* online?Visit: [www.lowellma.gov/373](http://www.lowellma.gov/373)*Join our e-mail list for weekly updates about events,  
and a notice when the newsletter is available online.**Please call Tara or stop by the front desk to share  
your email address with us.***COUNCIL ON AGING**  
**BOARD OF DIRECTORS**

Andrew Hostettler, Chair

Joyce E. Dastou

Mary Donnelly

Eric Lamarche

John R. Lawlor

Vincenzo Milinazzo

Amy Pessia

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Next meeting: Monday,

**March 9th**

at 9:00am - Public Welcome

**Senior Abuse**  
**Hotline Number**To report suspected elder  
abuse, call: 1-800-922-2275**DTA Hotline**  
**(SNAP/Food Stamps)**Direct line for seniors:  
1-833-712-8027**Elder Services of**  
**Merrimack Valley & North**  
**Shore**Meals on Wheels, Assistance  
with Home Care, Case  
Management, Support for  
Seniors and Caregivers  
1-800-892-0890**Legal Services**  
**Assistance & Referrals**

1-800-342-5297

**City of Lowell**  
**Veterans Services****Director / Agent**Eric Lamarche  
978-674-1595

ELamarche@lowellma.gov

**Head Clerk**Carmen Felix  
978-674-1596

CFelix@lowellma.gov

**Head Clerk**Nancy McGuire  
978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**

COA 2nd Floor

Fax: 978-446-7270

## Director's Message

This month we are happy to announce several new partnerships to support seniors in Lowell. Special thanks to the funders who make this possible!

**Operation Rosebud:** Lowell High School student volunteers shoveling sidewalks for frail or disabled seniors, is re-launching for the end of the winter thanks to a partnership with LHS and several donors. Thanks to Lowell Parks Department, Auto Zone, O'Reilly's, Advance Auto Parts, Home Depot, and Discount Valley for supplying shovels, hats, vests and gloves! Sign up with Gladys: 978-674-1168.

We got funded! **Cambodian Mutual Assistance Association** will have a staff member here 6 hours per week to assist seniors accessing our meals, transportation, and other programs. Very special thanks to the Greater Lowell Community Foundation who awarded a \$5500 LeClair Elder Services Grant for this project.

**Buried in Treasures De-Cluttering Workshop,** starting with a public presentation on March 5<sup>th</sup> at 1:30, will help people who are struggling to sort and manage accumulated items in their homes. Please attend the first event if you have this concern for yourself or a friend, and invite folks you know to check it out. This is a workshop series running for a few months with weekly attendance encouraged, sign-up on March 5. Thanks to CDBG funding and the Metro Community Development Corp for sponsoring this program.

**US Census Assistance** – Friday mornings starting March 20, 9-11am. Help Lowell earn its fair share of federal dollars to support health, education, roads, and other services; stand up and be counted! US Census responses are not shared with the City, your landlord, or anyone else. Stop by if you have questions for Census staff, with interpreter assistance available. Age 60+ respondents can get a free lunch ticket for completing the form (not valid on dinner dance days).

**Memory Training** – Thursday mornings, 9-11am starting March 26 in the Card Room. Designed by UCLA, this is an innovative educational course that teaches individuals techniques to improve their memory in a fun, interactive classroom environment. This is not intended for people with a diagnosis of Alzheimer's or dementia. Sign up only if you can attend all 4 weekly sessions. Thanks to Council on Aging Board members Beverly Gonsalves and Mary Donnelly for leading this class!

**Memory Café** – 3<sup>rd</sup> Thursday of the month starting April 16<sup>th</sup>, 10-11:30 at Saab Residence, D'Youville Campus (co-sponsored by D'Youville Life & Wellness Community, Lowell Council on Aging, and Summit Elder Care). This is a chance for people with memory impairment and their caregivers to gather for free snacks, music, and companionship in a friendly social atmosphere. To RSVP or for questions, contact the Saab Residence at 978-569-1016 or [cwalker@dyouville.org](mailto:cwalker@dyouville.org). Walk-ins welcome.



Jay Linnehan (GLCF President & CEO), Toooh Van (CMAA Coordinator), Lil Hartman, and Howard Amidon (GLCF VP for Philanthropy)

### Help Completing the US Census

Fridays, March 20<sup>th</sup> – May 1<sup>st</sup>  
9:00 am-11:00 am in the Nurse's Station

Meet with a census worker and interpreters (in Khmer & Portuguese/Spanish) for help completing the U.S. Census, which you will receive in the mail mid-March. If you complete your census online, by phone, or on paper with a census worker **at the senior center**, earn a one-day free lunch pass (age 60+, excluding Dinner Dance).

**"Battle of the Badges"** Red Cross Blood Drive – Thursday, April 23<sup>rd</sup> from 1-7pm. Sign up to donate blood at [redcrossblood.org](http://redcrossblood.org). We'll have food, Fire and Police vehicles to tour at this fun community event hosted by the Senior Center. Blood donors cast their votes for the Fire or Police team, helping one department earn the Battle of the Badges 2020 champion title!



## The Friday Afternoon Connection

Support Group for Grandparents Raising Grandchildren

Friday, February 7 ... 1:00-2:30 PM

Please RSVP to Cynthia (Cindy) Hession-Richard, LSW, CP Family Caregiver Support Facilitator, Elder Services of the Merrimack Valley, Inc. 978-946-1445, [chession@esmv.org](mailto:chession@esmv.org) . First Friday of every month.



## Richard Galyon Sing-along

Monday, March 9,  
12 - 2pm

Richard performs on the stage singing old favorites from the 1940s and 50s, and plays some original tunes as well. He'll bring lyric sheets. Come to listen, request a song, and sing along!



## Fire Safety with Lowell Fire Dept.

Tuesday March 10, 8-10 am

The following will be discussed and presented:

- Have an escape plan with at least 2 ways out of each room
- Stop, Drop, and Roll
- Safe cooking tips
- Winter safety including slip and falls
- Using space heaters
- Clutter and hoarding at home
- Safe use of electrical cords
- Smoke and carbon monoxide alarms
- Items to keep close to their bedside in case of emergency.
- **G.O. Bag** workshop
- Safety with using candles
- Laundry safety when using a clothes dryer
- Smoking and proper disposal of smoking material
- O2 safety: storage and no smoking with or near oxygen



Lowell Fire has been working with the American Red Cross to assist seniors by appointment to replace or install new battery operated smoke and carbon monoxide detectors as long as the home was built before 1971 and the smoke alarms are 10 years old or more.

Edward Jones presents:

## Foundations of Investing Seminar

on March 23rd at 10:30am

This 30 minute educational program for people who want an overview of investing, includes key terms and types of investments.

This seminar covers the basic features of bonds, stocks, and packaged investments, and the importance of asset allocation.



## Bilingual Khmer/English Mindfulness

4th Thursday of every month at 12 noon, March 26th

At the Senior Center (rides available from CMAA). All are welcome. Come learn meditation and yoga practice, and share refreshments. For more information, contact Toooh Van by email [tvann@cmaalowell.org](mailto:tvann@cmaalowell.org) or phone at 978-454-6200.

**INTRO TO MINDFULNESS**

**វិបស្សនា**

LIVE, WORK, AND LOVE WITH PURPOSE!

រៀនពីវិធីអប់រំផ្លូវចិត្តដើម្បី: រស់នៅ ធ្វើការ និង ផ្តល់នូវសេចក្តីស្រឡាញ់ដោយមានគោលដៅ

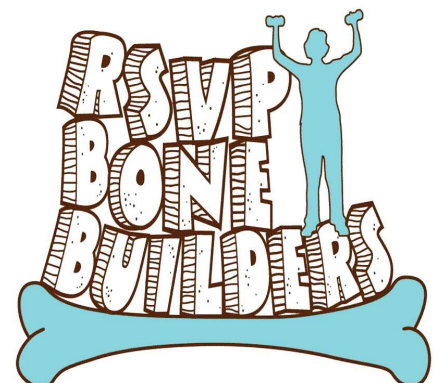
## Bone Builders Training

Tuesday, March 31st  
12:30 pm to 3:30 pm

Do you want to learn the art of instructing others in Bone Building?

Please sign-up if you are interested!

Cynthia Perrone  
978-654-5685



**Mah-Jong**

Mondays

12:00 to 3:00 pm

Board Room

**Lowell Senior Center Singers**

Rehearsals:  
Mondays at 1:00 pm  
2nd Floor Classroom

**Knitting & Crochet Group**

Tuesdays 12:00—3:00 pm  
2nd Floor Classroom

**Newcomers  
welcome!**

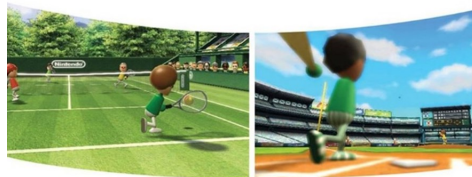
**Senior Center Players**

Tuesdays 10-11 in the Board Room

Read scripts together from Shakespeare to modern comedy to share a laugh, practice public speaking, and make friends. Public performances optional. \$2 donation to senior center appreciated. Funded in part by the Lowell Cultural Council.

**Wii Bowling**

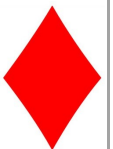
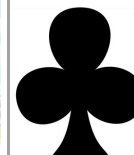
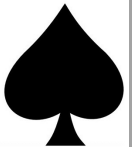
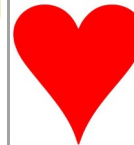
**Tuesdays & Fridays  
11:45 am to 12:45 pm  
2nd Floor Board Room**

**Card Players!**

Tuesdays  
12 noon to 3:00 pm  
Cribbage

Thursdays  
12 noon to 3:45  
45's

Wednesdays & Fridays  
9:00 to 3:45  
Poker

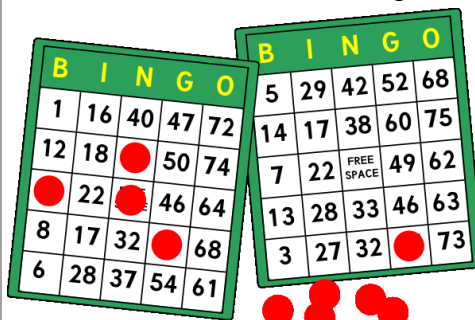
**Quilting Group**

Wednesdays  
12:30—3 pm  
2nd Floor Classroom

Newcomers welcome,  
beginners to advanced!

**B - I - N - G - O**

Every Wednesday  
1:00—3:00 pm  
50¢ per card,  
sales start at noon  
Prize amounts vary due to  
attendance. PLUS additional prizes!

**Computer-Users Club****Fridays 9:30 – 11:30**

**Help Support each other  
and problem-solve!**

**2nd Floor Computer Lab**



## Doctors, Nurses & MORE

Blood Pressure &  
Weight Check with

**Stay tuned for info on the next  
dates for Circle Health!**

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**Albert Gauthier RN:**  
Wednesdays  
from 9:30—11:30 am

### Dr. George Potamitis from Pro-Rehab:

Question and Answer sessions  
Wednesdays from 10-11 am

### Anxiety Support Group

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With Steve Coupe  
**Tuesdays: 2-3:45 pm**  
2nd floor Library

### Reiki

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with Jane Breault  
SEE or CALL Tara  
Nurse's Station  
At will offering.

### Foot Clinic with Diane Stanley, RN

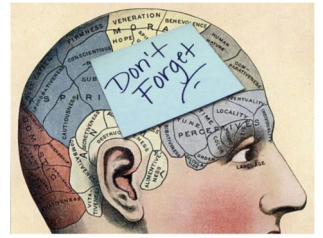
3rd Thursday of the month  
9:00am – 12:00pm ... \$30.00 fee

A Total Foot Care appointment  
including: foot  
assessment, toenail  
trimming and filing,  
reduction of nails/  
corns/calluses as  
needed, education to help maintain  
self-care, and a relaxing foot  
massage.

Call Amy for appointments:  
978-674-1167  
2nd Floor Nurse's Station

## Memory Training

Thursday mornings, 9-11am starting March 26 in the Card Room. Designed by UCLA, this is an innovative educational course that teaches individuals techniques to improve their memory in a fun, interactive classroom environment. This is not intended for people with a diagnosis of Alzheimer's or dementia. Sign up only if you can attend all 4 weekly sessions. Thanks to Council on Aging Board members Beverly Gonsalves and Mary Donnelly for leading this class!



**American  
Red Cross**



## **Lowell Community Blood Drive**

Lowell Senior Center  
276 Broadway St.  
Lowell MA 01854

**Thursday, April 23, 2020**  
**1:00 p.m. to 7:00 p.m.**

## **Concerned about falling?** **Free 8-week Workshop**

**A Matter of  
Balance Workshop**

**March 19 – May 7, 2020**

**12:00pm – 2:00pm**

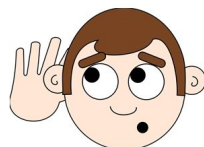
**Register Today**

**978-674-1172**

**[www.healthyliving4me.org](http://www.healthyliving4me.org)**

### Affordable Hearing

Free Hearing Test  
with Christopher Streeter  
Every 4th Wednesday  
10:00 am  
2nd Floor  
Board Room  
MA Lic. # 198/  
NH Lic. # H547



### Meet Counselor Joan Gong

**Mondays 8:30 am**

2nd Floor  
Nurse's Station  
First come, first  
served! For more  
information, call  
1-800-243-4636, press 3 for SHINE

## FREE Exercise Room

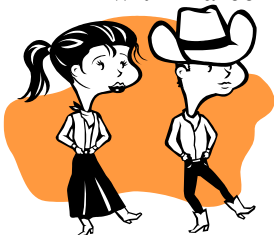


Open Monday-Friday  
6:30 am—4:00 pm

Required:  
Doctor's note  
& Sneakers

## Country Line Dancing

with Marcella Groulx



Tuesdays  
10am to 12pm  
(except 2nd  
Tuesday of  
every month)  
\$5.00

## YOGA

w/ Christine Connolly



Tuesdays...Board Room  
2-3 pm Gentle Kripalu Yoga

Wednesdays...2nd Floor Classroom  
10-11 Gentle Kripalu Yoga  
11:15-12 Men's Yoga Class

\$5 per class, suggested donation

## Aerobic Dance



Led by Wander Morel

Fridays, 8:00 to 9:00 am

Stay fit to enjoy life!  
FREE this winter  
thanks to  
CDBG grant funding.



## "On the Move" Fitness

with Marian Silk



\$2.00 per class  
Great Hall

Mondays and  
Thursdays:  
9:00 - 9:55 am

Wednesdays:  
8:30 - 9:25 am

## FREE Bone Builders

8:30 am Monday & Wednesday  
1:30 pm Monday & Thursday

Strengthen muscles, maintain or increase bone density, improve balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends! 2nd Floor Classroom. Call 978-674-4131 to register. Doctor's approval REQUIRED

## TAI CHI

Tuesdays 10:15– 11:15  
\$3 per class in 2nd Floor Classroom

Helps with: arthritis, strengthening the immune system, high blood pressure, and osteoporosis! Acupressure points also taught: for headaches, stress, upset stomach & more!



## Spring-Fling Dinner Dance

Friday, March 20th ... 11:00 am - 3:00 pm ... Price: \$7

This month's DJ plays tunes for couples and line dancers.  
Win door prizes and raffles!

### Menu

Tossed Salad	Leg of Lamb	Roasted Potatoes
Spinach, Green Beans, & Tomato Sautee	Chicken Breast Alternative	Fruit Tart

Please RSVP with Tara early.

A full guest count is due by March 13 to order food.

*If you prefer to skip lunch, please come at noon to listen and dance for free. Thanks to CDBG funding for supporting DJs.*



## **Bus Trips to Group Travel Venues ~ ages 60+ ONLY**

Detailed flyers available outside the 2nd floor office. For more information, contact Lil Hartman.

**Parking locations to be announced prior to each trip.**

<b><u>Event</u></b>	<b><u>Date</u></b>	<b><u>Meal Choices</u></b>	<b><u>Cost</u></b>
<b>Newport Playhouse Comedy and Cabaret</b>	Thursday, March 26		\$65 payable to LCOA
<b>Twin Rivers Casino</b>	Monday, April 6, 2020 <i>sign up starting March 23</i>	\$7 lunch credit and \$10 bonus play included	\$20 payable to LCOA - no longer "buy 4 get 1 free"
<b>Newport Playhouse Comedy and Cabaret</b>	Thursday, April 16, 2020	Buffet Lunch	\$65 payable to LCOA
<b>Atlantic City Trip</b>	Sunday - Tuesday, April 26-28		\$239 pp double, \$329 single payable to Fox Tours
<b>The Corvettes Doo Wop Revue</b>	Tuesday, April 28, 2020	Stuffed Chicken or Baked Scrod	\$79 payable to Best of Times
<b>Twin Rivers Casino</b>	Monday, May 18, 2020 <i>sign up starting March 23</i>	\$7 lunch credit and \$10 bonus play included	\$20 payable to LCOA - no longer "buy 4 get 1 free"
<b>Carole King Tribute</b>	Tuesday, May 19, 2020	Stuffed Chicken Breast OR Baked Schrod	\$82 payable to Best of Times
<b>Newport Playhouse Comedy and Cabaret</b>	Thursday, June 4, 2020	Buffet Lunch	\$65 payable to LCOA
<b>Comedy Hypnosis Show</b>	Tuesday, June 16, 2020	Stuffed Chicken Breast OR Baked Schrod	\$79 payable to Best of Times
<b>Spirit of Boston Cruise</b>	Tuesday, July 28, 2020	Buffet Lunch	\$95 payable to Best of Times
<b>Newport Playhouse Comedy and Cabaret</b>	Thursday, August 6, 2020	Surf and Turf Buffet	\$75 payable to LCOA
<b>Newport Playhouse Comedy and Cabaret</b>	Tuesday, Sept. 15, 2020	Lobsterfest Buffet	\$75 payable to LCOA
<b>A Chicago Celebration</b>	Thursday, Sept. 17, 2020	Stuffed Chicken Breast OR Baked Schrod	\$82 payable to Best of Times
<b>Nashville/Memphis Trip</b>	Thurs. - Mon., Sept. 17-21		\$1949 and up (see flyer), payable to Best of Times
<b>Newport - "Ghost of a Chance" and Cabaret</b>	Thursday, Oct. 15, 2020	Buffet lunch	\$65 payable to LCOA
<b>The British Invasion Years</b>	Tuesday, Oct. 20, 2020	Stuffed Chicken Breast OR Baked Schrod	\$79 payable to Best of Times
<b>Newport Playhouse Holiday Comedy/Cabaret</b>	Thursday, Dec. 3, 2020		\$65 payable to LCOA



## Day Trips for ages 60+

<u>Day</u>	<u>Date</u>	<u>Destination</u>	<u>Price</u>
<b><u>March Trips</u></b>			
Friday	13	Boston Flower Show	\$7 bus
		Buy your own tickets	\$19 tix
Thursday	19	Museum of Science	\$7 bus
		Buy your own tickets, 4 Free with EBT card	
<b><u>April Trips</u></b>			
Thursday	9	Walmart, Amherst NH	\$7 bus
		& Grand Buffet	
Monday	13	Pheasant Lane Mall	\$7 bus
Thursday	16	Salem NH Mall &	\$7 bus
		Christmas Tree & 99	
Monday	20	Manchester Mall	\$7 bus
		& Buffet	
Thursday	30	Old Salt Restaurant	\$7 bus

## Affordable Senior Transportation

### **\$1 Roundtrip Rides for Grocery Shopping**

<b>Neighborhoods:</b>	<b>Dates:</b>	<b>Location:</b>
Centralville Pawtucketville (starting at 11:30)	Tuesdays, March 10 and 31	Sunrise Plaza, Lowell
Highlands Lower Highlands	Fridays, March 6 and 20	East Gate Plaza, Chelmsford
Back Central Belvidere Sacred Heart South Lowell	Tuesdays, March 3 and 17	Stadium Plaza, Tewksbury

### **FREE Daily Bus Ride**

**PILOT Program**—Rides for 10:00 Am available Tuesdays & Wednesdays (temporarily)

The Lowell Senior Center offers free transportation to the Senior center 7 days a week. Call 978-674-4131 before 9:00 a.m. on the day you want to visit! Rides home daily at 1:30 pm, with an additional ride home Wednesdays at 3:00 p.m. after BINGO. On Weekends, Please call Friday by 3:30 pm.

### **LRTA Road Runner**

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types. Senior Dial-a-Ride is available for all people age 65+ for medical rides only. Call Road Runner at 978-459-0152.

### **CareRide**

CareRide, a program of Elder Services of Merrimack Valley, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 65+. Sign up at the Lowell Senior Center (978-674-4131), and a ride share vehicle will be scheduled for you by Elder Services. No need to use a smartphone or pay the driver; bills come to your address monthly, \$4/each way for local trips.

Elder Services of the Merrimack Valley, Inc.  
*Choices for a life-long journey*  
**CareRIDE**  
*Non-Emergency Medical Transportation*

## MARCH 2020 COMPUTER WORKSHOPS

### **TUESDAYS @ 2PM**

**Register in person**  
at the Pollard Memorial Library  
401 Merrimack Street at the 2nd Floor  
Reference Desk or  
by calling (978) 674-4121

### **THURSDAYS @ 2PM**

**Register online**  
<http://pollardml.org/events/library-calendar>  
Sort by Category and  
Select Technology Workshops  
Select REGISTER and  
type in your information.

**INTRO TO PCS**  
3/10 @ 2PM

**EMAIL**  
3/17 @ 2PM

**CELL PHONE SKILLS**  
3/24 @ 2PM

**MICROSOFT EXCEL**  
3/31 @ 2PM




**INTERNET & BROWSERS**  
3/12 @ 2PM

**MICROSOFT WORD**  
3/19 @ 2PM

**DIGITAL PHOTOS**  
3/26 @ 2PM

ALL MAR & APR WORKSHOPS  
ARE SCHEDULED AT 2PM

**SENIOR CENTER BRANCH**

Sunday	Monday	Tuesday	Wednesday
<p>1.</p> <p>7:00 am Breakfast 11:00 am Lunch</p>	<p>2.</p> <p>8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9:00 On the Move 12-4 MAH-JONG 1-1:30 LSC Singers Rehearsal 1:30 CTI Bone Builders B</p>	<p>3. State Primary Elections NO Country Line Dancing 10:00 Computer Class 10:00 Theater Class pg 4 10:15-11:15 Tai Chi 11:45 Wii 12-3:45 Cribbage 12-3 Knitting &amp; Crochet 2-3:30 Anxiety Support Group 2:00 Gentle Kripalu Yoga</p>	<p>4.</p> <p>8:30 On the Move 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10-11 Gentle Kripalu Yoga 10 Dr. George, ProRehab 11:15-12 Men's Yoga Class 1-3 Bingo 1:30-3:30 Quilting</p>
<p>8. Daylight Savings Time</p> <p>7:00 am Breakfast 11:00 am Lunch</p> 	<p>9.</p> <p>8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9:00 COA Board Meeting 9:00 On the Move 12-4 MAH-JONG 12:00 Richard Galyon Sing-Along 1-1:30 LSC Singers: on tour 1:30 CTI Bone Builders B</p>	<p>10. Purim</p> <p><b>8-10 CTI meeting &amp; Fire Safety Presentation</b> NO Country Line Dancing 10:00 Computer Class 10:00 Theater Class 10:15 Tai Chi 11:45 Wii 12-3:45 Cribbage 12-3 Knitting &amp; Crochet 2-3:30 Anxiety Support Group 2:00 Gentle Kripalu Yoga</p>	<p>11.</p> <p>8:30 On the Move 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10-12 Mitsy Kit Group 10-11 Gentle Kripalu Yoga 10 Dr. George, ProRehab 11:15-12 Men's Yoga Class 1-3 Bingo 1:30-3:30 Quilting</p>
<p>15.</p> <p>7:00 am Breakfast 11:00 am Lunch</p>	<p>16.</p> <p>8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9:00 On the Move <b>10:15 St. Patrick's School Singalong</b> 12-4 MAH-JONG 1-1:30 LSC Singers: on tour 1:30 CTI Bone Builders</p>	<p>17. St. Patrick's Day</p> <p>10-12 Country Line Dancing 10:00 Computer Class 10:00 Theater Class 10:15-11:15 Tai Chi 11:45 Wii 12-3:45 Cribbage 12-3 Knitting &amp; Crochet <b>12-1 Irish Music with Archie R.</b> 2-3:30 Anxiety Support Group 2:00 Gentle Kripalu Yoga</p> 	<p>18.</p> <p>8:30 On the Move 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10-11 Gentle Kripalu Yoga 10 Dr. George, ProRehab 11:15-12 Men's Yoga Class 1-3 Bingo 1:30-3:30 Quilting</p>
<p>22.</p> <p>7:00 am Breakfast 11:00 am Lunch</p>	<p>23.</p> <p>8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9:00 On the Move <b>10:30 Edward Jones Seminar: 6 Basics of Investing</b> 12-4 MAH-JONG 1-1:30 LSC Singers: on tour 1:30 CTI Bone Builders</p>	<p>24.</p> <p>10-12 Country Line Dancing 10:00 Computer Class 10:15-11:15 Tai Chi 11:45 Wii 12-3 Brown Bag Day 12-3:45 Cribbage 12-3 Knitting &amp; Crochet 2-3:30 Anxiety Support Group 2:00 Gentle Kripalu Yoga</p>	<p>25</p> <p>8:30 On the Move 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10-12 Mitsy Kit Group 10 :00 Affordable Hearing 10-11 Gentle Kripalu Yoga 10 Dr. George, ProRehab 11:15-12 Men's Yoga Class 1-3 Bingo 1:30-3:30 Quilting</p>
<p>29.</p> <p>7:00 am Breakfast 11:00 am Lunch</p>	<p>30.</p> <p>8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9:00 On the Move 12-4 MAH-JONG 1-1:30 LSC Singers: on tour 1:30 CTI Bone Builders</p>	<p>31.</p> <p>10-12 Country Line Dancing 10:00 Computer Class 10:00 Theater Class 10:15-11:15 Tai Chi 11:45 Wii 12-3:45 Cribbage 12-3 Knitting &amp; Crochet <b>12:30 Sign-Up to Teach!</b> 2-3:30 Anxiety Support Group 2:00 Gentle Kripalu Yoga</p>	

Thursday	Friday	Saturday
5. 9:00 On the Move 12-3:45 Cards: 45's 1:30 CTI Bone Builders B 1:30-3:30 Buried in Treasures Public Presentation 2:00 Computer Class	6. 8:00 Danza Aerobica 8-9:30 Veterans Coffee Social 9:30 Computer/Tablet Assistance 11:30 Poker 11:45 Wii Games 12-3 Senior Social 1-2:30 Grandparents Support Group	7. 7:00 am Breakfast 11:00 am Lunch
12. 9:00 On the Move 12-3:45 Cards: 45's 1:30 CTI Bone Builders B 1:30-3:30 Buried in Treasures 2:00 Computer Class  * Irish Tenor Trip	13. 8:00 Danza Aerobica 9:00 Veteran's Breakfast: Renee Gallagher , Police Serving 9:30 Computer/ Tablet Assistance <b>10-12 Mosaics with Lolita</b> 11:30 Poker 11:45 Wii Games 12-3 Senior Social  * Flower Show, Boston	14. 7:00 am Breakfast 11:00 am Lunch
19. <b>9 Foot Clinic by Appt</b> 9:00 On the Move 12-3:45 Cards: 45's 1:30 CTI Bone Builders B 1:30-3:30 Buried in Treasures 2:00 Computer Class  * Museum of Science	20. First Day of Spring 8:00 Danza Aerobica 8-9:30 Veterans Coffee Social <b>9-11 Census Assistance</b> 9:30 Computer/Tablet Assistance 11-3 Dinner Dance pg 7 11:30 Poker 11:45 Wii Games	21. 7:00 am Breakfast 11:00 am Lunch
26. 9:00 On the Move <b>9-11 Memory Training Begins</b> 12:00 Mindfulness Meditation & Yoga Khmer/English 12-3:45 Cards: 45's 1:30 CTI Bone Builders B 1:30-3:30 Buried in Treasures  * Newport Trip	27. 8:00 Danza Aerobica 8-9:30 Veterans Coffee Social <b>9-11 Census Assistance</b> 9:30 Computer/Tablet Assistance 9:30 Friends Meeting <b>10-11 Paper Flowers with Lolita</b> 11:30 Poker 11:45 Wii Games 12-3 Senior Social	28.. 7:00 am Breakfast 11:00 am Lunch

# ARCH

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**First Lowell Rehab Apartments**

Effective July 1<sup>st</sup>, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com





A donation of \$2.50 is requested for **lunch, served beginning at 11:15am**. Please be on site no later than 11:30 am if you want to have lunch. Funding for our meal program is made possible by MA Executive Office of Elder Affairs, Merrimack Valley Elder Services & City of Lowell. Menu subject to change!

## MARCH MENU 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Shepherd's Pie, Carrots, Oranges	2. Pulled Pork, W/Roasted Potatoes, Peas, Pineapples	3. Beef & Chicken, Soft Tacos, W/Chopped Salad, Refried Beans, Fruit Salad	4. Chicken Pie, W/Rice & Carrots, Collard Greens, Bananas	5. Liver & Onions, Fresh Mashed Potatoes, Spinach, Pears	6. Seafood Stew, W/Rice & Mixed Vegetables, Mandarin Oranges	7. Sesame Chicken W/Noodles & Broccoli Strawberries
8. Chicken Nuggets, Mashed sweet Potatoes & Green Beans, Pears	9. Stuffed Peppers W/Hamburg, Mixed Veggies Peaches	10. Spanish Chicken, W/Potatoes & Carrots, Bananas	11. Meatloaf, Fresh Mashed Potatoes & Peas Mandarin Oranges	12. Chicken Ziti Alfredo W/Broccoli, Fruit Medley	13. Fish Sandwich, Clam Chowder, Cole Slaw, Rice with Corn and Pepper, Watermelon	14. Cheesesteak Sandwiches, Garden Salad with Tomato, Pasta Salad, Pineapple
15. Ginger Soy Chicken with Red Pepper, Rice & Spinach Pears	16. Vegetable Lasagna, Garden Salad, Stewed Tomatoes Mixed Fruit	17. Corned Beef & Cabbage, W/Turnips & Carrots Green Jello and Whipped Topping	18. Turkey w/Gravy, Rice & Peas, Oranges	19. Baked Elbows & Meat Sauce, Roasted Carrots and Zucchini, Apricots	20. DINNER DANCE (sign up by 3/13) Leg of Lamb Roasted Potatoes Spinach, Green Bean & Tomato Sautee <i>Alternative: Chicken Breast Fruit Tart Dessert</i>	21. Grilled Chicken W/Egg Noodles & Broccoli Mandarin Oranges
22. Stuffed Shells, Salad Garlic Bread, Peaches	23. Baked Chicken Thighs, W/Roasted Potatoes, Spinach, Pears	24. Burgers W/Potato Salad & Spring Mix Salad, Mixed Fruit	25. Curry Chicken W/Rice, Green Beans, Pineapples	26. Beef Stew, Fresh Salad, Bananas	27. Baked Pollock, Fresh Mashed Potatoes, Corn, Watermelon	28. Spaghetti & Meat Balls, Fresh Salad, Garlic Bread, Applesauce
29. Pot Roast, W/Potatoes, Mixed Veggies Oranges	30. BBQ Chicken, w/ Macaroni Salad. Vegetable Medley, Sweet Plantain	31. Shepherd's Pie, Vegetable Medley Pears			* All Dinners served w/Whole Wheat Bread And Hot Soup Daily	

## Lunch Menu

March 2020

### Breakfast Menu

Breakfast is available 7-9am for \$1.50. Suggested items for a nutritious meal will be provided along with extra choices. We'll continue to offer free coffee until 2pm each day, and donated bakery items to take home.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oatmeal Fruit muffin Yogurt Orange Juice Eggs	Oatmeal Toast Butter and Jam Milk Melon ½ c. cottage cheese	Bagel Cream Cheese Yogurt Cranberry Juice Eggs	Bagel Cream Cheese Milk Orange P. Butter/ Jam	Eggs w. Sausage Biscuit Potatoes Milk Orange	Cereal English Muffin Milk Fruit Cup P. Butter/ Jam	Cereal Toast Milk Banana P. Butter/ Jam



March 24  
April 28  
May 26  
June 23  
July 28  
August 25  
September 22

**2020**

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Laura Marsan (978) 946-1303  
Justin Jordan (978) 946-1279

**Please bring reusable grocery bags, baskets, or a cart to carry your food.**

### Cambodia; Looking at Old and New

Tuesday, April 7 at 12 noon

Photographer Jack Holmes (Images Near and Far) will show and talk about Angkor Wat in Siem Reap and Battambang. Thanks to the Lowell Cultural Council for funding this series.



## Social Security Phone Scam with a Twist

The Inspector General is warning seniors that *scammers are not only calling and pretending to be government employees...threatening legal action and demanding money or gift cards!!* They are *now sending fake documents by email* to convince you to do what they ask...some documents *even look like official Social Security letterhead!*

**Social Security does not send official reports by email;**

**Social Security will never** threaten you with arrest or other legal action over a fine or fee;

**Social Security will never** ask for payment by gift card, cash or wire transfer.

*The Social Security Administration will send you a letter by MAIL if there is an issue with your Social Security account.*

If you get such a call, **hang up or call the police, or Senior Medicare Patrol at 1-800-243-4636.**



From the Massachusetts Executive Office of Elder Affairs & MassHealth

# Medicare Savings Programs

## Want to save money on your Medicare coverage?

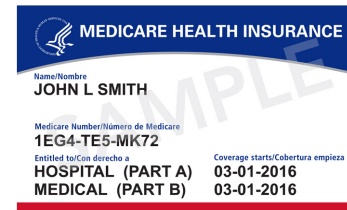
A new state law in Massachusetts is expanding several Medicare Savings Programs (also known as "MassHealth Buy-in" programs).

These programs help older residents and people living with disabilities save money on their Medicare coverage.

If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit. In certain cases, a Medicare Savings Program may also pay your out-of-pocket Medicare Part A and Part B costs and your Part A premium (if you have one).

Starting **January 1, 2020** the income and asset limits for the Medicare Savings Programs are increasing, meaning more people will be able to get help paying for Medicare.

If you qualify for a Medicare Savings Program, you will also **automatically qualify for Extra Help**, a program that will help pay for your prescription drugs under Medicare.



## 3 Easy Steps To See If You Qualify

1

**Learn** about the new income and asset limits: If your income and assets are at or below the amounts listed here, you may qualify for help from one of several Medicare Savings Programs.

You are	Your income is at or below*	And your assets are at or below**
Single Individual	\$1,738/month	\$15,460
Married Couple	\$2,346/month	\$23,200

\*Note that these amounts may increase as of 3/1/20

\*\*Note that these amounts may increase as of 1/1/20

2

**Call** MassHealth's Customer Service Center by phone at **1-800-841-2900**, or TTY at **1-800-497-4648**, and request a simple, 2-page, "MassHealth Buy-In" application, or download one from: <https://tinyurl.com/MassMSP>

3

**Apply:** **On or after January 1, 2020** submit your completed application to MassHealth to see if you qualify.

For more information see frequently asked questions on the back of the flyer, or call MassHealth's Customer Service Center by phone at 1-800-841-2900, or TTY at 1-800-497-4648



**COFFEE SOCIAL**

Fridays, 8:00 to 9:30 am at the Lowell Senior Center Board Room on the 2nd Floor. Presented by Edith Nourse Rogers Memorial Veterans Hospital (Bedford VA) & Lowell Veteran's Services. Join us for coffee, conversation, camaraderie, & support in an informal atmosphere to socialize and discuss issues such as Healthcare, upcoming events, helping others, community involvement, VSO assistance, and benefits. For more info, contact: Steve Hines at 781-687-3173 or Eric Lamarche at 978-970-4070.

**Veteran's and Widows**

You may be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES if you are an unmarried veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

You may also be entitled to FINANCIAL ASSISTANCE: if you are an unmarried senior citizen veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits. Call the Veterans Services Office to arrange an interview to see if you qualify for benefits.

If you need more information please contact your Veterans' Services Officer, Eric Lamarche by email at [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov) or by phone at 978-674-4066.



## UNWANTED MEDICATION AND SHARPS DISPOSAL DAY

Tuesday, March 10, 2020  
2:00 pm - 6:00 pm  
Lowell Health Department  
341 Pine Street, Lowell



By eliminating unwanted medications and sharps from your home, you are helping to keep your family and our community safe!

**WE ACCEPT:**

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- > Over-the-Counter Medications
- > Liquid Medications
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- > Syringes
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- > Pen and Pump Needles
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Please remove pills from their bottles and place in a plastic bag.

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To be considered for this amazing volunteer opportunity, contact Lisa Rose, Regional SHINE Director for a description of responsibilities and an application at 978-946-1374 or [lrose@esmv.org](mailto:lrose@esmv.org)

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## Welcome Friends

### BOARD OF DIRECTORS

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Claire Brodeur

#### **TREASURER**

Jacqueline Denison

#### **DIRECTORS**

Ken Ashley  
Lenny Gendron  
Beverly Gonsalves  
Doris Santos  
Arthur Toupin

~~~~~  
Office: 978-674-1175  
~~~~~

**Friday,  
March 27th  
at 9:30 am**

**Public Welcome**

have always been there for any and every cause we have ever encountered. We love Rita.

Our calendar drawing will be going on the whole month of March. You can still purchase calendars anytime during the month with a chance to win \$200 March 17. Also there will be a St. Patrick Diner Dance Friday, March 20. Every day in March is St. Patrick's Day.

Our membership campaign is still in full force. Remember anyone can become a member for the small annual fee of \$5. This is not a membership to the Senior Center but a membership to the Friends of The Lowell Council on Aging. Anyone is welcome to join and attend our monthly meetings regardless of age.

Let's hope for an early spring with the time change March 8. Our next meeting is Friday, March 27 @ 9:30 in the Board Room.

## Friends of the Lowell Council on Aging

The Friends of the Lowell Council on Aging Center Inc. is the fundraising group for the Lowell Senior Center. Funds raised are utilized for many purposes. Annual Fee is \$5 Per Person and membership includes voting rights. Meetings are held on the last Friday of the month at 9:30 a.m. in the Board Room on the second floor of the Senior Center. No meetings are scheduled in July and August. Donations are accepted and happily welcomed.

Friday, January 31, 2020 we had our regular monthly meeting. Before we started there were many people in the room. However when they realized their concern was with the Council on Aging, most all left.

Once again we are a group who raises money to supplement the Council on Aging budget. We have no clout on what takes place in the Center. This month there is a report of how we spent nearly \$22,000 in the past year to aid many causes to help the Center operate. At the meeting we discussed how we can raise more funds. We do have 2 calendar raffles a year, which are our largest money makers. Last year we sold 1,318 calendars grossing \$6,590. However after Lottery Taxes, Postage, Printing, and \$3,800 in prizes we barely netted \$2000. Anyone who has any ideas of how to raise funds or knows of a foundation that donates to nonprofit organizations, we are certainly interested.

Once again our Vice President is in the news. Rita Mercier has been elected by her peers to be Vice Mayor for the next 2 years. Congratulations Rita. The citizens of Lowell are blessed to have you on the council. And thank you for all the effort you put into our board. To say we appreciate you is an understatement. You

### **Treasurer's Financial Reporting Sheet**

#### **2019 Expenses through December 31st**

Petty Cash	\$1,500.00
Comcast	\$161.32
Bingo Supplies	\$1,619.00
Ac-Cue-Rate Billiards [sticks and table cover]	\$905.00
Hot Ball Money Replaced	\$555.00
Sullivan and Bille CPA's [tax returns]	\$1,495.00
Lowell Janitorial	\$636.46
Screen Flex [great hall dividers]	\$3,190.00
Postage	\$1,500.00
FLCOA Office Suplies	\$175.99
MA Lottery Commission [raffle taxes]	\$927.10
Comm of MA [non profit report and annual report]	\$50.00
Raffle Permit	\$10.00
Calendar Winners	\$3,800.00
Saroj Madam [yarn]	\$228.00
<b>Sub Total</b>	<b>\$16,752.87</b>
Merrimack Valley Food Bank	\$105.12
Albert Flowers [Joe Dussault]	\$81.00
2 Chefs are better than One	\$981.95
Thurman Prints	\$896.00
United Restaurant[coffee urn]	\$2,714.52
<b>Grand Total</b>	<b>\$21,531.46</b>



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with a disability. All applicants must meet income and  
eligibility requirements.

Hours: M-F 9am-2pm  
Management Office:  
73 Market Street, Lowell, MA 01852  
TTY: 711 National Voice Relay

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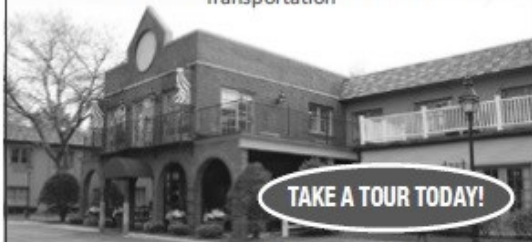
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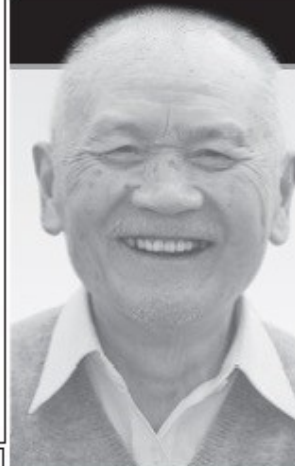
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## Be safe. Be counted. Identifying Census Workers



**Complete your Census by computer, phone or mail  
by April 30, otherwise you may be visited!**

**The Census taker or field representative will present an ID badge  
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**WHEN IN DOUBT, please call the New York Regional  
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**1-800-997-2520. Office hours are Monday through Friday,  
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**Census takers (or Enumerators) will NEVER ask for the  
following information:**

- **to enter a home**
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- **Income, bank account, or any financial information**
- **PINS, or passwords**
- **A donation or money**

